

## REVISED AMENDMENT PRACTICE

Claim 1 (withdrawn and currently amended)

1. In a self-administered back massage applied to an individual by leaning contact against a semi-spherical configured massaging device, an improvement consisting of a method of facilitating establishing said leaning contact between said massaging device and a selected back area of said individual comprising the steps of:
  - A. using as a positioning site for a back massage a door frame having two opposite side walls bounding therebetween a vertical plane of a doorway opening;
  - B. using as a messaging device a construction comprising a base, a plurality of semi-spherical configurations extending from one side of said base, and a vertical notch in said base having consisting of a cooperating pair of side walls bounding a positioning recess therebetween;
  - C. positioning said massaging device in a transverse relation to a vertically oriented rectangular strip disposed flat against said one side wall of said door frame and having projected in said positioning recess a vertical strip normally serving as a stop for a pivotal traverse of a door mounted in said doorway opening plane limiting said massaging device to linear tracking movement along said door stop vertical strip and prohibited by abutment of said recess side walls against said door stop vertical strip from partaking of movement in transverse relation to said linear tracking;

D. instructing an individual to assume a position in said plane of said doorway opening preparatory to establishing leaning engagement against said positioned massaging device; and

E. instructing said individual to supplement said established leaning engagement by pushing against the other of said side wall of said door frame to cause movement of the individual in the direction of said massaging device.

whereby said linear movement contributes to adjusting the position of said massaging device to a back area of a user and said absence of said transverse movement as might result from transverse bodily movements while maintaining said engagement without slippage at an interface of said semi-spherical configurations of said massaging device with a back area of a user contributes to maximizing the self-administered massaging service of said massaging device ~~provides a self-administered back massage.~~

Claim 2 (new)

2. A self-administered back massage method practiced in a transverse plane of a doorway and applied to an individual by leaning contact against a semi-spherical configured massaging device, an improvement consisting of a method of facilitating and establishing said leaning contact between said massaging device and a selected back area of said individual is oriented transversely to the plane of the doorway thereby increasing the massaging pressure applied at the interface of the device and the selected area of the individual, said method comprising the steps of:
  - a) providing a positioning site for a back massage device, said site including a door frame having two opposite side walls bounding there between a vertical plane of a doorway opening and including a door stop,
  - b) providing a massaging device comprising a base having a front and rear surface, a plurality of semi-spherical projections extending from a front surface of said base, a vertical notch in said base rear surface consisting of a cooperating pair of side walls bounding a positioning recess there between,
  - c) positioning said massaging device in a transverse relation to a vertically oriented rectangular strip disposed flat against said one side wall of said door frame and having projected in said positioning recess a vertical strip normally serving as a stop for a pivotal traverse of a door mounted in said doorway opening plane limiting said massaging device to linear tracking movement along said door stop vertical strip and prohibited by abutment of said recess side walls against said door stop vertical strip from partaking of movement in transverse relation to said linear tracking,
  - d) positioning an individual in said plane of said doorway,

e) establishing leaning engagement of an individual against said positioned massaging device as outlined in step (c),

f) instructing an individual to supplement said established leaning engagement by pushing against the opposite side wall of said doorway to cause linear movement of the individual in the direction of said massaging device,

whereby said linear movement contributes to adjusting the position of said massaging device to a back area of a user and said absence of said transverse movement as might result from transverse bodily movements while maintaining said engagement without slippage at an interface of said semi-spherical configurations of said massaging device with a back area of a user contributes to maximizing the self-administered massaging service of said massaging device.